newsbreak UCSF

NEWS FOR THE UCSF CAMPUS COMMUNITY VOL. 14, NO. 20 OCTOBER 22, 1999

INSIDE

Researchers, clinicians report strategies to relieve depression 4-5
Senior staff give advice on career advancement 6
Poison Control Center gives Halloween safety tips 7

GEORGE DRAPER

Huge turnout at mini medical school

More than 400 people competed for the best seats to attend a health lesson on the human body and brain during the first in a series of classes offered in the UCSF Mini Medical School. UCSF launched the six-week course on science and health in response to the public's growing desire to understand how scientific and medical advances affect their lives. By the end of the program, participants will have had direct access to a dozen of the world's leading health experts from UCSF's schools of dentistry, medicine, nursing and pharmacy. Pictured above, Dan Lowenstein, professor of neurology, explains how the brain works during the first session, held Oct. 6.

UCSF tests Tibetan medicine to treat breast cancer

BY ABBY SINNOTT

Faced with advanced breast cancer, hundreds of women from around the world have sought treatment from Yeshi Dhonden, one of the foremost living authorities on Tibetan medicine, who was the Dalai Lama's personal physician for two decades.

Now, in an unprecedented clinical trial, Dhonden and breast cancer experts at UCSF are putting traditional Tibetan medicine to the test as the sole therapy for advanced breast cancer.

"This will be a preliminary study that will look for changes in the size of women's tumors," says Debu Tripathy, director of clinical research at the UCSF Carol Franc Buck Breast Care Center. "The investigational therapy will be individualized to a certain extent, with Dr. Dhonden choosing one of seven formulas for each woman based on his diagnosis and assessment."

UCSF is currently recruiting women for the Tibetan medicine trial, which is approved by the UCSF institutional review board and Food and Drug Administration (FDA). The state of California's Breast Cancer Research Program (BCRP) issued Tripathy a $50,000 grant to develop the study.

To date, no trials have been conducted on a sufficient scale and with the use of rigorous scientific methodologies to fully assess Tibetan medicine and diagnosis. Although Dhonden has treated an estimated 3,000 women with breast cancer during the past 20 years, the responses and clinical benefits are unknown because formal record keeping is not standard in Tibetan medicine.

Dhonden, who is based in Dharamsala, India, visits San Francisco once every four to six months to chart the progress of the women in the one-year trial. Study participants are prohibited from receiving any other

(SEE TIBETAN ON PAGE 3)

UCSF begins season of sharing

Beginning next week, UCSF and UCSF Stanford Health Care employees will have an opportunity to donate their dollars to improve the quality of life in their community through the 1999 Charitable Giving Campaign.

Employees will receive their campaign forms beginning Monday, Oct. 25 and are encouraged to hand in them in by Thanksgiving.

As was the case last year, employees are able to select from five federations in which to donate: United Way, Bay Area Black United Fund, Community Health Charities, Earth Share of California, and ArtsChoice.

Aptly named "Y2 Give," this year's campaign features lunchtime visits from representatives from a variety of social service, health care, environmental, cultural and arts agencies who will share how they use donations to help meet the needs of the ethnically and socioeconomically diverse group of people they serve. For example, representatives from the Glide Foundation, an inner-city organization that offers 51 different programs in San Francisco ranging from job training to a free health care clinic, will be available to talk with employees outside the Courtyard Café in the School of Nursing on Wednesday, Oct. 27. Such site visits are scheduled all next week from 11:30 a.m. to 1:30 p.m.

"We encourage employees to hear first-hand how their donations can make a difference to the people these worthwhile organizations serve," says Katherine Riordan, campaign coordinator.

Helena Czerwonka, a secretary in the cellular, molecular and pharmacology department, is well aware of the importance of supporting the work of nonprofit organizations. A native of San Francisco, Czerwonka sought family counseling years ago when she and her former husband lived in Madison, Wisconsin. "He was abusive and he was an alcoholic," Czerwonka says. "The counseling I received helped out a lot."

Indeed, Czerwonka received the strength and support she needed to get out of the rocky marriage and to start a new chapter in her life.

(SEE GIVING ON PAGE 3)

Team finalizes merger review

BY LISA CISNEROS

As Newsbreak went to press on Wednesday, a team of UC officials neared completion of its review of the financially troubled UCSF Stanford Health Care.

William Gurtner, systemwide vice president for clinical services development at UC, who leads the UC team to reexamine the merger, told the UC Regents last Thursday that the report will be finished in a few days.

Gurtner, who has been meeting with UCSF and Stanford faculty, did not want to elaborate on the ongoing discussions. The Regents may vote on the issue at their meeting next month.

Responding to Regents' questions about the status of the merger review, Regent Meredith Khachigian said that the situation is "incredibly fluid."

In addition, faculty leaders from UCSF and Stanford have met to discuss the merger. The UC delegation, in an attempt to represent the faculty, included Ron Arenson, president-elect of the medical staff and chair of radiology; Larry Pitts, chair of the Academic Senate and professor of neurological surgery, and Neal Cohen, chair of the School of Medicine's faculty council and vice chair of anesthesia.

Meanwhile, the UCSF Stanford board of directors today is expected to get an update on ongoing efforts to cut $170 million from the $1.5 billion budget. That board also will hear the timeline for transferring emergency department and inpatient services at Mount Zion to the UCSF Medical Center on Parnassus.

UCSF Stanford was created as a nonprofit corporation in November 1997 when the services of UCSF Medical Center, UCSF/Mount Zion Medical Center, Stanford Medical Center and Lucile Packard Children's Hospital were united. Mount Zion, which administrators say is losing most of the money, will be converted to focus on cancer care, ambulatory surgery, urgent care and outpatient services.

UC President Richard Atkinson and Stanford University President Gerhard Casper asked their staffs to review the organization after it began posting monthly losses, ending fiscal year 1999 with a $86 million deficit. While the merger review was to be completed and submitted to the presidents by Oct. 1, the recommendation on how to proceed was postponed so that administrators could get feedback from faculty.

In two separate polls conducted recently by the UCSF Academic Senate, part of the systemwide faculty governing body, and the UCSF Faculty Association, an independent dues-supported group, faculty expressed a wide range of concerns about the two-year-old merger.

Generally, faculty have been frustrated about being left out of merger discussions, according to Pitts.

In June, the Academic Senate established a committee on clinical affairs to identify trends and decisions that may affect UCSF's teaching, service and research and to foster better communication

(SEE MERGER ON PAGE 7)

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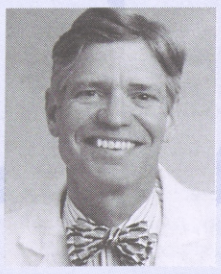

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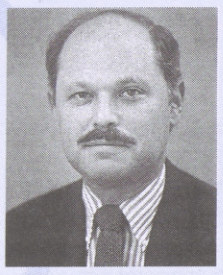

Wintroub

appointments

Abul K. Abbas, an internationally recognized research immunologist: Appointed professor and chair of the department of pathology in the School of Medicine. Abbas comes to UCSF after a 22-year career at Harvard Medical School.

Abbas joined the department of pathology at Harvard in 1977, where he has been professor since 1991. His research focus is the biology of immune response, with an emphasis on the genetics of autoimmune disease, work he plans to continue at UCSF.

Abbas has received several teaching awards, including the Harvard Medical School Faculty Prize for Excellence in Teaching Award, and is chair of the Education Committee of the American Association of Immunologists. Abbas is also editor of Cellular and Molecular Immunology, a leading text in the field, and one of the four founding editors of the journal Immunity.

A native of Patna, India, Abbas received his medical training at the All-India Institute of Medical Sciences in New Delhi and Peter Bent Brigham Hospital in Boston.

Philip Darney, UCSF professor of obstetrics/gynecology and reproductive sciences: Appointed chief of the department of obstetrics and gynecology at San Francisco General Hospital Medical Center.

Darney recently received the UCSF Chancellor's Award for Public Service for his commitment to providing quality reproductive services to women at the local, national, and the international level. He joined the UCSF faculty in 1981.

He is the principal investigator for clinical contraception research carried out by UCSF and has conducted clinical and acceptability trials of implant, injectable and oral contraceptives, contragestins, and intrauterine devices.

Darney has authored more than 100 scholarly reviews, book chapters, and scientific papers on contraception and three books on family planning. He is a reviewer for more than a dozen medical journals, including the Journal of the American Medical Association.

Over the past 25 years, he has been active with the American Public Health Association, the US Agency for International Development, and Planned Parenthood, among others.

He earned his MD degree at UCSF and his MSc at the London School of Hygiene and Tropical Medicine. He served his residency at Brigham and Women's Hospital, Boston.

Toby A. Maurer, UCSF assistant professor of dermatology: Appointed chief of the department of dermatology at San Francisco General Hospital Medical Center.

Maurer joined the faculty in 1995. In addition to her responsibilities at SFGHMC, Maurer sees patients at the UCSF Lakeshore Medical Group clinic and serves as director of the HIV/dermatology clinic at St. Mary's Medical Center in San Francisco.

Her current research interests include skin disorders related to HIV disease and development of software for teaching skin cancer diagnosis to primary care physicians. In 1993, she received a mentorship award from the Women's Dermatology Society to study at the Institute of Tropical Medicine in Antwerp, Belgium, where she conducted research in HIV.

Maurer is active with the American Academy of Physicians and American Academy of Dermatology and serves on the Thalidomide Advisory Committee of the Slone Epidemiology Unit at Boston University.

After earning her MD degree at the University of Calgary, she completed her residency in family practice and dermatology at UCSF. She holds a fellowship at UCSF in AIDS dermatology.

Bruce Wintroub: Appointed associate dean and chair of the department of dermatology.

Wintroub is currently working with Lloyd H. (Holly) Smith, associate dean in the School of Medicine, on academic space planning, a responsibility he will fully assume upon Smith's retirement from UCSF on Jan. 1. He will also replace Richard Odom, the current chair of the department of dermatology, upon his retirement at that time.

Wintroub, former chief medical officer of UCSF Stanford Health Care, served as the executive vice dean of the School of Medicine from 1995-1997 and was the chair of the department of dermatology from 1985 to 1995.

Before joining UCSF's faculty in 1982, Wintroub taught and practiced dermatology at many esteemed institutions in the Boston area, including Harvard Medical School.

Wintroub's past research projects have included pathogenesis of bullous diseases, mast cells and eosinophils in cutaneous inflammation, characterization of human mast cell enzymes and use of photopheresis in cutaneous T-cell lymphoma, atopic dermatitis and scleroderma.

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Stansell receives 'hero' award

Stansell

The International Association of Physicians in AIDS Care (IAPAC) honored John Stansell, medical director of San Francisco General Hospital Medical Center's AIDS/Oncology Division, with the association's 1999 Heroes in Medicine Award.

The award, which honors physicians living with HIV/AIDS who have distinguished themselves for their leadership in the care of people with HIV disease and in advancements in HIV clinical research, was presented Sept. 27, at IAPAC's tribute in San Francisco.

IAPAC trustee Mark Kline, professor of pediatrics at Baylor College of Medicine/Texas Children's Hospital in Houston, Texas, says the selection of physicians who are HIV-positive to receive the award is a "recognition of the unique challenges resulting from their HIV status and how their example in meeting these challenges has added dignity and honor to the profession of medicine."

Stansell is associate clinical professor of medicine at UCSF and the medical director of the Positive Health Practice at SFGHMC. He is a past director of the AIDS Inpatient Service Unit at SFGHMC and has received the distinguished Benjamin Manchester Award for Humanitarianism from the George Washington University Medical School.

Proceeds from the Honoring Our Heroes tribute will help support IAPAC, an educational and public policy advocacy group which represents 6,500 physician and other health care professional members in 43 countries; the Humanitas Foundation, a nonprofit foundation which awards grants to AIDS-treating physicians who wish to advance innovative medical, scientific and public policy initiatives; and the UCSF AIDS Research Institute (ARI), a transdisciplinary center for pioneering effective scientific advances to prevent, understand and treat HIV infection.

PRIVATE SUPPORT

UCSF is pleased to acknowledge the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received September 26-October 9, 1999.

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Mr. Arthur Rock and Ms. Toni Rembe

The Bernard Lee Schwartz Foundation

The George and Lena Valente Foundation

AIDS center to coordinate basic and clinical science

BY CORINNA KAARLELA

The UCSF AIDS Research Institute has launched a major new center that will focus solely on biomedical approaches to HIV prevention, including vaccine development.

Funded by a six-year, $7 million grant from the State of California, the new project is named the UCSF California AIDS Research Center.

The center is designed to coordinate basic and clinical science investigation through a single program directed at gaining new understanding at the molecular level of the biological factors that help and inhibit HIV transmission, how to prevent HIV infection, and how to delay progression of disease once a person is infected. UCSF has not had a single center focusing on this key area of research.

"This crucial funding from the state will fill a critical gap in UCSF's research portfolio and lead to improved vaccine concepts and better therapies for persons already infected with HIV. This grant brings together laboratory, clinical, and public health scientists in a new way," says John Greenspan, center director and chair of the UCSF department of stomatology.

He also emphasized that the new organization will combine the next generation of HIV research with the strength of extensive, ongoing work by UCSF AIDS specialists.

"AIDS and HIV are not going away, so in addition to supporting four target areas, the center will serve as a breeding ground for new ideas that build on the expertise and long experience of our team in AIDS work. One of our goals is to respond in dynamic fashion to the needs of HIV research by stimulating the development of pilot projects that will test new theories," Greenspan says.

"Another goal is to end the HIV epidemic in California, and key support comes from the University of California system," he adds. The new center will receive state monies through the UC Universitywide AIDS Research Program, an entity formed in the mid-1980s to administer state funds for quality AIDS research.

Deputy directors of the new UCSF center are Paul Volberding, an expert in HIV/AIDS clinical treatment, and Margaret Chesney, a leader in behavioral prevention efforts, both of whom are recognized internationally.

UCSF was one of the first institutions in the world to document the fact that drug-resistant HIV could be transmitted. Researchers now are planning to take the next step to determine just how widespread this transmission is. "We need to find out at this early stage whether or not there is a lot of resistant HIV being spread in the community," says Robert Grant, director of the Gladstone/UCSF Virology Core Laboratory, who will oversee this research.

One of the most important areas of HIV/AIDS research is vaccine development, emphasizes Thomas J. Coates, executive director of the UCSF AIDS Research Institute (UCSF ARI). "We still haven't found the 'magic bullet,' and we're probably not going to find it soon. The vaccines being tested now may or may not prove to be useful against HIV. We need to keep the pipeline running with new ideas and products if we're going to find a way to stop HIV and AIDS," he says.

The UCSF ARI is a campuswide enterprise that encompasses all UCSF AIDS programs under a single umbrella and includes nearly 1,000 investigators.

(GIVING FROM PAGE 1)

As Riordan points out, all the agencies listed in the campaign packets have an established track record of delivering the services they promise, with low overhead costs. "This campaign is a wonderfully cost-effective way to give," she says. "Less than a dime of every dollar donated will cover the costs for processing your donation and running the campaign."

Last year, UCSF and UCSF Stanford employees doubled their donations from the previous year, when they contributed a combined total of $225,000 to nonprofit agencies. Riordan credits that increase to the hard work of donor representatives, a cadre of employee volunteers who make personal appeals to their colleagues on campus to give. A team of 280 donor representatives will again help raise awareness and answer questions about the campaign this year.

While the campaign packet lists many deserving agencies, employees may designate their contribution to any tax-exempt or health care, social service agency, school or church they wish. To contribute to an agency not listed in the campaign booklet, employees can just write in the exact name and address of that agency on the contribution form.

Employees also can donate to a select group of programs of UCSF and UCSF Stanford, such as the Student Homeless Health Care Project, UCSF/Mount Zion Violence Prevention Project and the San Francisco General Hospital Foundation. Last year, UCSF and UCSF Stanford employees gave $22,000 to internal programs.

Optimistic about this year's campaign, Riordan says, so far, about 40 of UCSF's top administrators have already donated $17,000 to the campaign.

"If each UCSF employee gave just $5 a month, the University could raise a half million dollars," says Riordan.

But if half of UCSF employees contributed through the campaign, that would set a campus record. UCSF has seen charitable giving donations drop from a high of 40 percent of employees participating in 1988 to fewer than 4 percent participating in 1997, according to statistics from the past 13 years of campaigns. The most money raised over that time frame came in 1991, when UCSF affiliated with Mount Zion, bringing in $327,309 in donations.

For more information regarding the charitable giving campaign, call Riordan, department of public affairs, at 476-0729.

research roundup

TB research could lead to vaccine

The ability of the tuberculosis microbe to outsmart a healthy immune system and cause disease has long puzzled medical scientists, but now researchers at UCSF have discovered one of the organism's most skillful means of protecting itself.

Study findings, reported in the Oct. 1 issue of the Journal of Immunology, are especially significant for future development of new types of TB vaccines and possibly for more effective drugs.

The microbe, known as Mycobacterium tuberculosis, combines good survival technique with the right timing, says senior investigator Joel Ernst, a UCSF professor of medicine, who specializes in infectious disease and also treats patients at San Francisco General Hospital Medical Center.

An estimated 1.5 billion persons worldwide are infected with TB and about 3 million die each year from the disease. An estimated 15 million Americans are infected, although only about 10 percent of those infected ever develop the disease.

Working in the laboratory with human cells, the UCSF team found that M. tuberculosis survives despite development of a cellular immune response, Ernst explains.

"The study findings explain how the immune system of an otherwise healthy person is unable to destroy the bacteria that cause tuberculosis. Now that we know this, the development of vaccines and the immunotherapy of tuberculosis can be approached more rationally," he said.

CORINNA KAARLELA

Osteoporosis drug reduces fractures

Based on recent findings from the largest osteoporosis study to date, researchers at UCSF are calling an investigational drug for postmenopausal women an excellent new weapon in the fight against osteoporosis.

In a placebo-controlled study of 2,458 post-menopausal women with osteoporosis, researchers found that after three years of treatment with the drug, called risedronate, the incidence of new vertebral fractures of the spine was reduced by 41 percent and non-vertebral fractures by 39 percent among women taking risedronate compared to those receiving a placebo.

As further indication of the drug's effectiveness, after just one year of treatment with risedronate, the incidence of new spinal fractures was reduced by 65 percent among women in the risedronate group compared to those in the placebo group.

The study was published in the Oct. 13 issue of the Journal of the American Medical Association.

"Risedronate has also been shown to prevent fractures, increase bone mass, stop bone loss, and produce healthy bones in women with established postmenopausal osteoporosis," says Steven T. Harris, chief of the Osteoporosis Clinic at UCSF and lead author of the study. "The drug was also well tolerated among women in the study, with an overall safety profile similar to that of a placebo."

The bone mineral density (BMD) of women in the study who received risedronate also increased significantly compared to those who took a placebo. Risedronate, a bisphosphonate that binds to bones and protects against bone loss, was also well tolerated among study participants, Harris says.

According to the National Osteoporosis Foundation, more than 50 million Americans may be affected by osteoporosis over the next century. One in two American women and one in eight American men over age 50 will suffer an osteoporosis-fracture in her or his lifetime.

ABBY SINNOTT

(TIBETAN FROM PAGE 1)

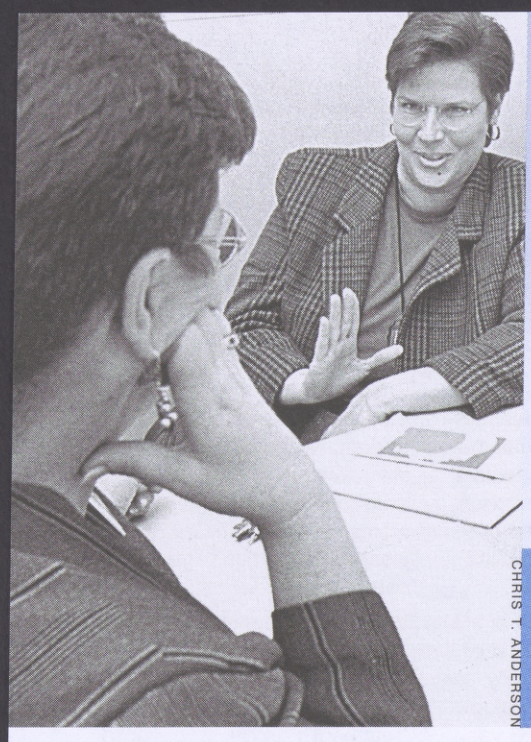
treatments while enrolled in the trial, including both conventional and unconventional therapies. All patients will be regularly monitored with standard Western techniques including physical examinations, tomography scans and blood and liver function tests.

Women in the study are first examined by Dhonden, who gives them a diagnosis and then prescribes an herbal therapy that is taken two to six times daily for one year. Diagnosis Tibetan style is based on methods such as pulse readings, examination of a woman's tongue and of the color, odor and appearance of her urine.

These finely tuned techniques may detect subtle underlying differences between two breast cancer patients that conventional Western diagnosis often overlooks, Tripathy says. Further, he believes that Tibetan treatment, which provides individual therapies for each woman, may have a greater insight into treating cancer than the standard "one size fits all" Western approach.

Tibetan Buddhist medicine is based on a tradition that understands the body in terms of three "humors" – wind, bile, and phlegm – the imbalances which fundamentally derive from the three mental afflictions of attachment, hatred and delusion. In the Tibetan medical model of treatment for breast cancer, the prescribed therapy consists of herbal compounds designed to treat a woman's individual humors that are out of balance. Tibetan phytotherapy (herbal therapy) works by means of a synergistic action of the combination of individual herbs and other natural substances in a formula.

Patients who are eligible to participate in the trial must have a confirmed diagnosis of stage IV advanced breast cancer; have minimal tissue and organ damage; be relatively healthy with no major symptoms; and not have used any experimental agents, herbal medication or anti-tumor therapies for at least three weeks prior to enrollment. For more information on the study, call the Complementary and Alternative Medicine program at 353-7682.



CHRIS T. ANDERSON

dueling with D

> The idea that stress hormones may actually affect the brain's biochemistry and cause depression is an evolving concept.

Researchers study link between stress and depression

BY REBECCA SLADEK NOWLIS

A new class of antidepressant drugs may be on the horizon as scientists develop a better understanding of the hormonal link between stress and depression.

Studies have found that about half of patients with major depression have high levels of cortisol, a steroid hormone triggered by stress. Now, recent research suggests that high cortisol levels might be a cause of depression, rather than a symptom, as previously thought. If so, scientists believe that drugs aimed at reducing cortisol levels may be effective ways to manage depression.

UCSF researchers reviewed the findings of recent cortisol-lowering drug studies in the September/October issue of Psychosomatic Medicine.

"The idea that stress hormones may actually affect the brain's biochemistry and cause depression is an evolving concept," says Owen Wolkowitz, UCSF professor of psychiatry, director of the UCSF Psychopharmacology Assessment Clinic, and co-author of the paper. "Recent studies have amassed enough evidence to suggest that at least some cases of depression may be a disease or disorder of the endocrine system which manifests itself in the brain rather than in the body."

Scientists first noticed the link between cortisol and depression in patients with Cushing's syndrome, a disease caused by an excess production of cortisol.

The normal function of cortisol, which is produced in the adrenal glands, is to help the body respond to stress and change. Too much cortisol results in changes in many of the body's tissues and organs and may cause symptoms commonly seen in severe depression.

Patients with Cushing's syndrome who received treatment that lowered cortisol levels experienced decreased depression in 28 separate studies. In the largest study of 176 patients, researchers reported in Clinical Endocrinology that 73 percent of their depressed patients improved.

Until recently, surprisingly few studies assessed the effects of lowering cortisol levels in psychiatric patients with major depression, says Wolkowitz.

To date, 11 studies have done so. Across all the studies, some lessening of depression was noted in 67 to 77 percent of patients. Although many were small and not placebo-controlled, the fact that all of them showed some effect is worth noting, says Wolkowitz.

The only double-blind, placebo-controlled study tested the effectiveness of ketoconazole, one of three cortisol-lowering drugs that are currently being investigated. UCSF researchers found a significant effect in depressed patients with high cortisol levels, but not in patients with normal cortisol levels.

Cortisol is probably not the only steroid hormone related to depression, says Wolkowitz. Scientists are also beginning to look at DHEA (dehydroepiandrosterone), the most plentiful steroid hormone in the body. In another UCSF study, 22 patients suffering from major depression were given either DHEA or a placebo. While none of the 11 placebo recipients experienced a significant improvement, half of the DHEA recipients showed a 50 percent or greater decrease in depressive symptoms.

"These findings raise the possibility of biologically distinct subgroups of patients with major depression, although the results are tentative due to the small number of patients studied," said Victor Reus, UCSF professor of psychiatry and co-author of the review paper. "We might not be able to treat all people with depression in the same way. Different drugs and drug combinations might be more effective in some people than in others."

In addition to hormones, neurotransmitters also play a role in depression. Whereas hormones are chemical messengers that travel through the blood stream to target tissues, neurotransmitters are chemicals that relay information between cells in the nervous system. Low levels of neurotransmitters like serotonin and dopamine have been linked to depression, says Wolkowitz, and most anti-depressant drugs on the market effectively raise those levels. Hormones and neurotransmitters could each affect the other, so disturbances in both may be important in depression, he says.

Another important factor to consider is that everybody handles stress differently, says Wolkowitz. For example, not all people who have high cortisol levels develop depression, and not all depressed patients have high cortisol levels, so genetic and environmental factors are undoubtedly important, says Wolkowitz. People who suffer from depression may have a genetic predisposition for high cortisol levels, poor coping skills, or may have an inadequate social support network, he says. In any of these cases, stressful situations can change cortisol and other hormone levels, possibly resulting in depression.

Although the cortisol-lowering drugs currently being tested have a number of potential side effects ranging from nausea to liver damage, anticipated confirmation of their effectiveness will likely spur the development of safer compounds, says Wolkowitz. However, using drugs is not the only way to treat depression, he adds. Cognitive behavioral therapy (CBT) seems to reduce cortisol levels and increase DHEA. Researchers are now investigating whether CB and various "alternative" treatments, such as yoga and meditation, yield some of their beneficial effects through changes in stress hormone levels.

In addition to prompting the development of new antidepressant drugs, a better understanding of the link between hormones and depression could help scientists understand the mechanisms by which hormones and stress affect mental well-being, says Wolkowitz.

Funding sources for the study include the National Alliance for Research in Schizophrenia and Affective Disorders (NARSAD), the National Alliance for the Mentally Ill (NAMI), and the Scottish Rite Foundation.

DEPRESSION

UCSF launches coping with depression program

Divorce. Death. Downsized out of a job.

For some, these common occurrences can trigger a bout of major depression that unless successfully treated can stand in the way of health and happiness.

The World Health Organization estimates that more than 100 million people suffer from depression at any given time. Rivaling many other diseases such as cancer and heart disease, depression produces significant suffering and disability that can lead to suicide in 15 percent of depressed patients.

Fortunately, 80 percent of people who suffer from major depression can be treated successfully. Today, a plethora of non-addictive medications commonly prescribed for depression, including selective serotonin re-uptake inhibitors and other agents, can relieve symptoms in a few weeks. Psychotherapy, in group or individual sessions either with or without the use of antidepressant drugs, has been proven effective in easing depression and preventing recurrences.

The Adult Psychiatric Clinic at UCSF's Langley Porter Psychiatric Institute puts the latest advances in depression treatment into practice. In August, clinicians launched a comprehensive depression management program designed to better help patients and their families understand, cope and eventually overcome its debilitating effects.

LPPI has long offered various forms of treatment for depression, but what's different is that a multidisciplinary team of mental health providers has devised a program for treatment and is beginning to document the results.

"This represents a shift away from idiosyncratic approaches that depend upon an individual clinician's own school of thought or philosophy on how to treat a specific condition," says Stuart Eisendrath, director of the Adult Psychiatric Clinic and member of the UCSF faculty since 1979. "This program sets up guidelines for most effective treatments."

Following specific guidelines allows mental health experts to better measure outcomes at specific points in the treatment process to determine which treatments work best for which patients and serves as a springboard for conducting more clinical trials. Following a prescribed path — from patient referral, to evaluation, consultation and treatment — also helps clinicians to teach residents and medical students how to provide evidence-based care.

Like never before, patients are encouraged to be active participants in the treatment process – through education and consultation. While more than 17 million Americans suffer from depressive illness annually, the majority of depressed people do not receive treatment because their symptoms either are not recognized, are blamed on personal weakness or are misdiagnosed.

To counter misinformation and myths, LPPI is offering outpatient and family education group seminars to define depression and its symptoms, explain the various therapies available and teach coping skills to manage the disorder over the long run. The sessions, which cost $30, are open to patients registered for treatment at UCSF and UCSF/Mount Zion and their families, partners and friends. Beginning Tuesday, Nov. 2, sessions will be held every first Tuesday of the month, from 6 to 7:30 p.m., at LPPI Room 225A, 401 Parnassus Ave.

LPPI also offers time-limited cognitive behavioral therapy (CBT) groups that start each month. These groups, which teach individuals how to cope with and prevent depressive symptoms, are held in the early evening hours or during the lunch hour and meet weekly for 14 weeks. The cost of these groups is $30 per session. For more information about the patient and family education group seminar or the CBT groups, call Lynn Martin, nurse practitioner, at 476-7406.

Also available to patients this year is interpersonal psychotherapy (IPT), either as an alternative or adjunct to antidepressant drugs. First developed in 1968 as part of a clinical trial to prevent depression relapse, IPT is structured with the goal to relieve depression by helping the patient to change or solve a specific interpersonal problem. IPT is time-limited, giving patients a deadline or catalyst for behavioral change. Randomized clinical trials have proven that helping a patient master a difficult situation relieves depression symptoms, as reported by researchers from Cornell University Medical College in the March issue of the Journal of Practical Psychiatry and Behavioral Health.

"IPT teaches a patient how to deal with social stressors that may predispose them to feeling depressed," says Jonathan Lichtmacher, assistant director of the Adult Psychiatry Clinic. "Until recently, IPT was practiced mostly in research settings."

For more information about the depression management program, call 476-3762.

depression symptoms

Anyone who experiences these symptoms should consult with a health professional about the possibility of needing treatment for depression:

- Depressed mood
- Decreased concentration
- Diminished interest in life
- Weight loss or gain of 5 percent
- Insomnia
- Agitation
- Fatigue
- Feeling guilty or worthless
- Thoughts of death or suicide

A woman, pictured at top, page 4, describes her symptoms during a recent depression screening at Langley Porter Psychiatric Institute (LPPI). Upbeat about the collaborative effort to tackle depression at LPPI are psychiatrists, from left, Jonathan Lichtmacher, Stuart Eisendrath and David Taylor.

LISA CISNEROS

LISA CISNEROS

Speaking at a recent sold-out luncheon about career advancement at UCSF, are, from left, Jaclyne Boyden, Stella Hsu, Linda Watkins, a Human Resources training specialist who served as moderator, and Karen Newhouse.

Managers advise junior staff how to climb campus ladder

BY LISA CISNEROS

Four women who rose the ranks to top management at UCSF told junior-level staff last week what it takes to get promoted on campus during a sold-out luncheon in the Lange Reading Room.

The advice ran the gamut, such as taking the initiative to join campus committees and do duties outside one's job description, finding a mentor to offer career advice and support and learning how to communicate effectively with diverse people.

It also helps, said Jaclyne Boyden, vice dean of administration and finance for the School of Medicine, to have a graduate degree.

Boyden, who has worked at UCSF since 1977 except for a four-year stint at Stony Brook, New York, holds an MBA. "I don't think I could have the job I have now without an advanced degree," said Boyden.

Martha Hooven, who started her career at UCSF as an administrative assistant II, concurred. Hooven went back to school to earn a master's of public administration and is now director of administration for the School of Medicine's department of medicine.

"I was always looking for opportunities to do more and take on more responsibilities," she said. "I always thought big and I didn't think it was not part of my job description."

Boyden also advises staff to be flexible. As chief financial officer for the medical school, Boyden has faced major changes not only in health care financing, but also with the merger of UCSF and Stanford medical centers. "You have to adapt to change. You have to embrace it," Boyden said. "You should not be known as a 'no' person. You have to be part of the solution, not the problem."

Karen Newhouse, special assistant for diversity planning and management in the department of affirmative action, equal opportunity and diversity, began working at UCSF in the clerical pool while completing her college degree. After holding several positions on campus, Newhouse is convinced that her ability to learn new skills, adapt to rapid change and communicate effectively, helped her move up the ladder. "Do not become resistant to learning new skills," she said.

Stella Hsu, assistant vice chancellor of campus auxiliary services, earned her MA and MBA degree prior to coming to UCSF. For her, gaining self-confidence was critical to her success. A native of China, Hsu came to the US when she was 18 years old and had to overcome cultural as well as gender differences to advance. "I had to have sufficient confidence to know it's OK to be different," she said. "That's what diversity is all about."

All but two of the 70 staff who attended the "Navigating Your Way up the Ladder at UCSF" forum were women, mostly minorities working in administrative assistant positions. This pool of employees was specifically targeted and invited to attend the program based on a survey last May when they cited interest in career advancement.

UCSF's workforce includes some 1,770 clerical employees, most of whom are women. The average annual salary for a career clerical employee at UCSF is $35,000.

"Many people talk about the glass ceiling, but in this case I think we're talking about a sticky floor," said Amy Levine, director of the Center for Gender Equity, which co-sponsored the forum with the Chancellor's Advisory Committee on the Status of Women (CACSW) and Human Resources' Development and Training. "We're concerned about their upward mobility, especially for women," Levine said after the luncheon.

Alaf Meleis, chair of CACSW and a professor in the UCSF School of Nursing, says this is the first of several events designed specifically for staff to meet, network and to discuss workplace issues. CACSW, a group of faculty, staff and students, is interested in hearing more from staff to address their needs.

The lunchtime series continues next year with the following forums:

- Tuesday, Feb. 8: "Effective Communication Techniques for Building Relationships" with Kristine O'Kelley
- Tuesday, April 11: "Leadership Skills for Women" with Lynette Crane
- Tuesday, June 6: "Personal Goal Setting" with Rebecca Harrison.

campus notes

Apply for prostate cancer research funds

UCSF researchers with good ideas who want to join the fight against prostate cancer have until Friday, Nov. 19 to apply for $20,000 to $30,000 grants from an award fund established by private gifts to the UCSF Foundation.

The purpose of the program is to make seed funding available to encourage both new and established investigators to propose pilot projects that will launch new translational research initiatives in prostate cancer. The awards will be made through the Developmental Research Program for prostate cancer administered by the department of urology.

Targeted research areas include, but are not limited to: tumor-induced angiogenesis, tumor immunology, epithelial cell growth factors and cytokines, sex hormone signaling pathways and epidemiology. Application is open to clinical or basic research investigators at UCSF who are eligible to apply for NIH R01 grants. For more information, contact Cynthia Ashe, program administrator, at 476-6343 or cynashe@itsa.ucsf.edu.

CAPS recruits researchers

The Collaborative HIV Prevention Research in Minority Communities Program of the Center for AIDS Prevention Studies (CAPS), funded by NIMH, is currently recruiting four candidates for the summer of 2000. The scientists will develop their ethnic minority-focused HIV prevention research projects and will be funded to spend six weeks during each of three summers at CAPS working with other researchers; they will receive additional funding for their research project. The program was designed for scientists in tenure track positions or investigators in research institutes who are committed to HIV and minority research.

The application deadline is Jan. 31, 2000. Contact Romy Benard-Rodríguez, 597-9366; fax: 597-9213; email: rbenard@psg.ucsf.edu. Application forms can be downloaded at www.caps.ucsf.edu/projects/minorityindex.html.

TAPS offers postdoctoral fellowships

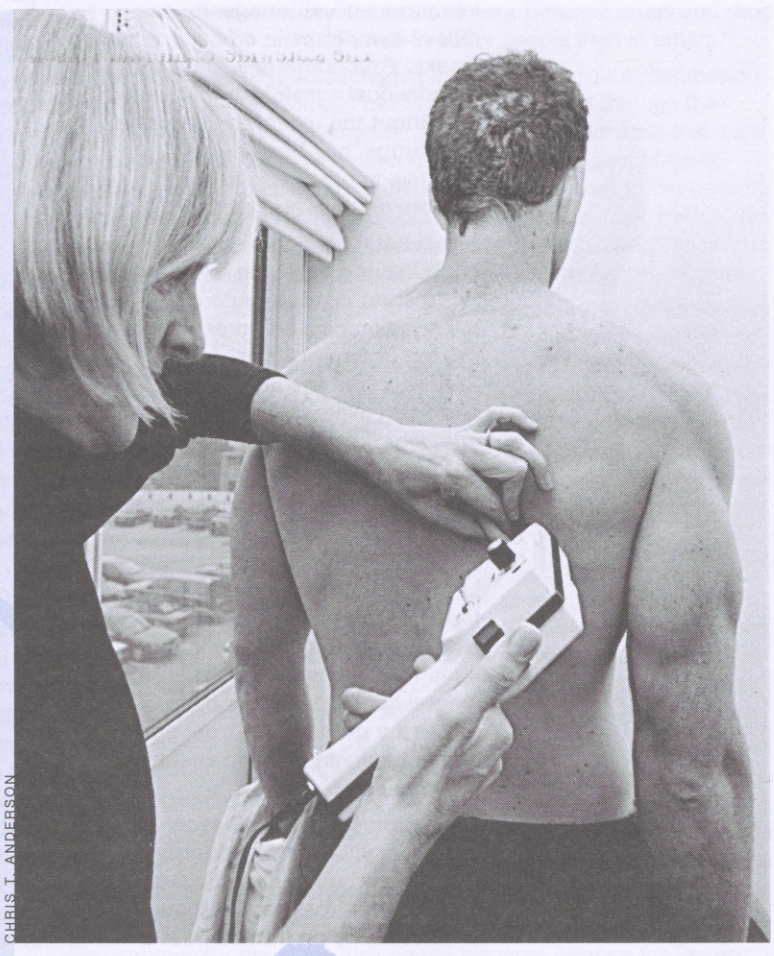
The Traineeships in AIDS Prevention Studies (TAPS) program is accepting applications for postdoctoral fellowships in AIDS prevention research.

The TAPS Program trains scientists for academic and public health careers. Candidates must have a PhD, MD, or equivalent doctorate degree, and must be US citizens or permanent residents.

The program is suitable for those who have recently completed their training, and for those who are already faculty members of academic or clinical departments. The three-year training program (two years for candidates with a prior Master's degree in Public Health) begins July 1, 2000. During the course of the program, trainees complete a one-year MPH degree at UC Berkeley and develop a program of research with the assistance of a faculty mentor.

The application deadline is Wednesday, Dec. 15. For more information, contact Rochelle Hartwig at Rhartwig@psg.ucsf.edu or phone 597-9260.

A description of the program is available at http://www.caps.ucsf.edu/capsweb/tapsindex.html.



CHRIS T. ANDERSON

Get fit for the holidays

Fitness trainer Robin Bell, left, uses a skin-fold test to determine the amount of body fat in John Albert, a local resident, during an Oct. 13 open house of Millberry Programs & Services' Personal Best Fitness Training and Nutrition Programs.

Bell is among the certified fitness specialists who can design an exercise regime that helps individuals lose fat and increase strength, endurance, flexibility and muscle tone. One-hour appointments, either one-on-one or two-on-one, are available weekdays from 6 a.m. to 9 p.m. Weekend appointments are also available. To choose a fitness specialist, call the fitness supervisor at 476-3588. The Personal Best Nutrition Program offers the services of a registered dietician to develop an individualized eating plan. For one-on-one nutrition counseling, call 502-4398, ext. 4. Fees vary.

Betty Guy leaves an indelible impression of San Francisco

BY PAULA MURPHY

Guy

John Steinbeck, Gianni Versace, Placido Domingo and the Queen of England all have at least one thing in common — owning artwork by Betty Guy.

How each of these celebrities acquired this San Francisco native's paintings gives insight into the remarkable life of the artist, who has an exhibit at the UCSF Faculty/Alumni House through November 29. Her exhibit is titled "Travels with Betty Guy," and it includes watercolors of China, Chile, Venice, Alaska, Jerusalem, Salzburg, Katmandu, Istanbul and other locations.

Guy has traveled throughout the world, sketching and painting everywhere she goes. The trip to England in 1957 when she met Steinbeck is chronicled in Guy's short book titled "Surprise for Steinbeck." Guy was commissioned by her friend and Steinbeck's editor, Pat Covici, to paint Steinbeck's house in England as a surprise Christmas gift. In the process, she not only impressed the author and his wife with the painting but became friends with them as well. Steinbeck returned the favor by giving Guy a copy of his book Winter of Our Discontent in which he inscribed: "For Betty, don't just sit there...paint."

And paint she has. She's never without her bottle of ink and pens from Paris. No matter where she is — San Francisco, New York, Paris, Venice — she's always standing on some street corner or comfortably positioned in a hotel room making quick sketches to which she applies watercolor soon thereafter. Guy travels to Europe often and chooses rooms in hotels and inns by the view outside the window. "I love finding a room with a view, so rain or snow I can still work," she says.

Although she is also drawn to street scenes, she has a long-running gig with the San Francisco Opera as its company artist, as the British would call it, painting program covers and scenes from rehearsals.

In fact, Guy met many of her well-known patrons through her association with the Opera. She met Versace when he designed costumes for a production of Capriccio and Domingo during his many appearances with the SF Opera.

The Queen received Guy's artwork as a gift from the Port of San Francisco when she and the Duke of Edinburgh visited the city on their ship, the Britannia, in the 1980s. Guy used to paint on commission for the Port, creating a series of watercolors of the Embarcadero and painting other San Francisco scenes, one of which the Port gave the Queen. A letter from Buckingham Palace sent to the director of the Port reads: "Thank you for the splendid painting by Betty Guy....The picture will always awaken some very happy memories of their stay in your lovely city."

Guy also had a long-standing relationship with San Francisco retailer Gumps before the store moved to its Post Street location, which does not have a gallery. "I wanted to show my paintings there badly," she recalls. "In 1956, I went in with my watercolors and they wanted to take some on consignment and I said I wanted to show them. So they put them in the framing room and they sold." Guy "survived" seven directors at Gumps, becoming the store's longest continuous artist.

Guy's primary medium is watercolor, although she also illustrates and does mono prints. She draws in minutes but the watercolor takes time. "Watercolor has to happen almost magically," she says. "Watercolor is its own master — you go along with it."

The UCSF community might find Guy's work familiar — in 1998 she painted the UCSF Founders Day invitations, which featured a view of the Medical Center from the vantage point of Hugo Street. Guy loves to paint wherever she goes but she has some favorite locations that she paints many times over. "If Monet can do his lilies paintings over and over, I can do Paris and Venice over and over," says Guy.

For a slideshow of her work, see Daybreak at (www.ucsf.edu/daybreak).

BETTY GUY

A Paris street scene

Poison control experts give Halloween safety tips

The statewide California Poison Control System (CPCS) urges parents to follow Halloween safety precautions to assure that kids enjoy the fun without running into potential hazards that the holiday sometimes holds.

If any child becomes sick after eating a Halloween treat, seek immediate medical attention. If possible, take the remains of the suspected food or candy to help medical professionals determine the cause of the illness.

Managed by the UCSF School of Pharmacy, CPCS allows Californians to dial one toll-free number from anywhere in the state. If you suspect someone has been poisoned, call the 24-hour toll-free emergency number: 1-800-876-4766.

Halloween also means parties for parents. Parents should make sure all alcohol and cigarette butts are cleaned up. These items can poison small children. Following is the advice from CPCS experts:

Trick-or-Treating

- An adult should accompany young children, and Halloween visits should be limited to familiar, local neighborhoods.
- Walkways and lawns should be made safe by removing obstacles and leaving outside lights on.
- Stay away from barking dogs or other upset animals.
- Carry a flashlight after dusk and watch for cars.
- Wear brightly colored costumes that are made of flame-retardant materials.
- Use reflective tape on costumes and trick-or-treat bags.

Treats

- Feed children before they go trick-or-treating. Give them a small amount of candy or other food to eat while trick-or treating, so they won't be tempted to eat from the bag before their treats can be checked.
- Parents should inspect all treats before they are eaten.
- Eat only those treats in their original, unopened wrappers. Throw away candy if wrappers are faded, have holes or tears, or signs of re-wrapping.
- Throw away all unwrapped candy.
- Check fruits and homemade treats carefully to make sure that foreign objects such as pins, tacks and razor blades are not present.
- Drugs can look like candy. Anything that looks suspicious should be thrown away.
- Food that is "off-color" or doesn't smell right should be thrown away.
- Some treats, especially chocolate, can be poisonous to pets.

Costumes

- Face paints, glues and glitters should be made of non-toxic material.
- Parents should be aware that some children have allergic reactions to these products, such as a rash or itching. If this occurs, remove the makeup immediately and thoroughly clean the skin with mild soap and water.
- Costumes should be flame-resistant and with room enough to allow a child to dress warmly underneath.
- Masks should be easy to see and breathe through.

Pumpkins

- Children can have fun drawing a face on a pumpkin and scraping out the contents, but an adult should do the carving.
- Jack O'Lanterns with candles should be watched carefully and should be placed where they cannot start a fire.

(MERGER FROM PAGE 1)

between faculty and administrators. Last month, that committee passed a motion to recommend that any changes to the merger that affect the clinical operations first be studied in an "academic impact report."

Preliminary results from the Academic Senate's confidential electronic poll found that nearly two-thirds of respondents support the concept of a merger if administered effectively. But 51 percent of those polled said they didn't think that was possible.

Asked how the merger can succeed if the majority of faculty have doubts or believe it should be dissolved, Cohen said simply, "It can't. That's why the faculty need to be included in any decision making and discussions about the structure and process for selecting leadership for UCSF Stanford," Cohen said. "It is imperative that the faculty and administration work together to make sure we have the mechanisms in place to develop an infrastructure that supports both universities."

reduce your use

15

The amount in percent more energy the US uses, per person, than the typical developing country.

University of California San Francisco

UCSF

Facilities Management
Water and Energy Awareness

www.fm.ucsf.edu/energy.htm

calendar

October 23– November 12, 1999

23 saturday

DIABETES CONFERENCE: "Diabetes in Communities at Risk," 7:30 a.m.-5 p.m., Cole Hall, Parnassus. This conference is designed for health practitioners who care for minority populations who have a disproportionately high mortality and morbidity from diabetes. Fees. Information: 206-8749.

24 sunday

BREAST CANCER FUND-RAISER: "Making Strides Against Breast Cancer," 8:15 a.m., Speedway Meadows, Golden Gate Park. This event is part of a national effort sponsored by the American Cancer Society (ACS) to fund breast cancer programs and research. Call 502-2986 or visit the ACS website at http://www.cancer.org.

25 monday

MISSION BAY GROUND-BREAKING

CAMPAIGN KICK OFF: UCSF kicks off its annual charitable giving campaign today. See story on page 1.

WEB CLASS: "Building Web Pages with HTML," 9 a.m.-4 p.m., Oct. 25 & 26, 3130 Harrison St. Cost: $430. Call 597-9247.

HEALTH POLICY SEMINAR: "Ethical Issues in Emerging Technologies: Human Biological Materials, Electronic Databases, and Genetics," noon-1 p.m., Laurel Heights, Room 263.

26 tuesday

DIABETES SEMINAR: A "Three-Day Seminar for Seniors with Type 2 Diabetes," Oct. 26-28, Parnassus. This workshop includes individual assessments and instruction on self-management. Call 476-5029.

STUDENT ENRICHMENT: "Nutrition: How to Cook and Eat Nutritiously for Little or Nothing on a Tight Student Schedule," noon-1 p.m., N 217, Parnassus. Call 502-2442.

LIEBERMAN MEMORIAL LECTURE: Stanley B. Prusiner, professor of neurology and biochemistry and Nobel laureate in medicine, presents "Aging and Neurodegeneration," 5-8 p.m., Millberry Union Conference Center, Parnassus. Family and friends established the lectureship as a tribute to the late Benjamin Lieberman, who took a keen interest in geriatrics.

27 wednesday

SURGERY GRAND ROUNDS: Nancy L. Ascher, professor and chair, surgery, presents "Morbidity and Mortality Conference," 7-8 a.m., Toland Hall, Parnassus. Call 476-0972.

GI FELLOWS COURSE: John Cello, GI Division, SFGHMC, presents "Acute and Chronic Pancreatitis," 8-9 a.m., S 214, Parnassus.

WINDOWS NT CLASS: "Introduction to Windows NT 4.0," 8:30 a.m.-12 p.m., 3130 Harrison St. This course will introduce students to basic concepts of personal computers and the Windows NT interface. Cost: $135. Call 597-9247.

BLOOD DRIVE: Donate blood, 9 a.m.-5 p.m., Millberry Union Conference Room, Parnassus. Refreshments and raffle. Call 476-6989.

GI GRAND ROUNDS: Ruel Garcia and Tya-Mae Julien, fellows, GI Division, present "Unknown Cases," 9-10 a.m., S 214, Parnassus.

ABOG FALL LUNCHEON: The UCSF Academic Business Officers Group (ABOG) hosts its annual fall luncheon, noon-2 p.m., Millberry Union Gym. The keynote speaker will be Chancellor Mike Bishop, who will base his talk on questions and topics submitted by attendees. Fees. Call 476-4390.

BROWN BAG LECTURE: Philip Hopewell, associate dean and professor of medicine, division of pulmonary and critical care medicine, SFGHMC, presents "Tuberculosis: The Intersection of Science, Policy and Public Perceptions," 12:10-1 p.m., enter at 513 Parnassus, then go to HSW 300. Sponsored by Public Service Programs. Call 476-4394.

COMPUTER CLASS: "Introduction to Windows 95," 1-4:30 p.m., 3130 Harrison St. Get an overview of the basics. Cost: $135. Call 597-9247.

PSYCHIATRY GRAND ROUNDS: Kristine Yaffe, assistant professor, psychiatry, presents "Hormones and Dementia," 4-5 p.m., Langley Porter Psychiatric Institute, Room 190, Parnassus. Call 476-7730.

UROLOGY CONFERENCES: Laurence S. Baskin, professor of pediatric urology, presents "Hypospadias," 5-6 p.m. Fergus Coakley, department of radiology, 6-7 p.m., M 464, Parnassus.

28 thursday

MICROSOFT CLASS: "Microsoft Access 97: Level 2," 9 a.m.-4 p.m., Oct. 28 & 29. This course teaches intermediate basic skills. Cost: $430. Call 597-9247.

MEDICAL GRAND ROUNDS: Kanu Chatterjee, Lucie Stern professor of cardiology, professor, medicine and associate chief, cardiovascular division, and director, cardiac care unit, presents "Updates on Congestive Heart Failure," noon-1 p.m., N 225, Parnassus. Call 502-2762.

CHANCELLOR'S CONCERT: Jan Jiracek, a pianist from Germany, will perform, 12:15-12:45 p.m., Cole Hall, Parnassus.

AWARENESS THROUGH MOVEMENT: A class series runs from Oct. 14 through Dec. 9, 1:10-2:10 p.m., Millberry Union Fitness Center, Parnassus. Fee: $9/class. Call 476-1115.

COLE HALL CINEMA: "Creature from the Black Lagoon," Rated G, in 3-D, 5:45 & 7:45 p.m., Cole Hall, Parnassus. Admission: $2-3.50. Tickets available at the door. Call 476-6932 for updated information before coming to the cinema.

29 friday

HALLOWEEN FESTIVAL: Empact! Presents hosts the "14th Annual Halloween Festival," on the Parnassus, Mission Center Building, and Laurel Heights campuses. Enter new contests and win prizes! Activities vary by location. Visit www.empact.ucsf.edu or call 476-2675.

COLE HALL CINEMA: See Oct. 28 listing. Showtimes are 6:30 & 8:30 p.m. During this Friday night screening, any child who comes in a Halloween costume receives a free small popcorn! Admission: $2-3.50.

30 saturday

MEMORY WORKSHOP: "Memory Loss and Aging: Normal Loss or Alzheimer's Disease?" 8:30 a.m.-12:30 p.m., Laurel Heights Conference Center. Topics include managing Alzheimer's disease and current research on dementia. Seating is limited so advanced registration is necessary. To register, call 750-5342.

NOVEMBER

1 monday

HEALTH POLICY SEMINAR: "The Influence of Industry Funding on Research Outcomes: Is There Empirical Evidence?" noon-1 p.m., Laurel Heights, Room 263. Call 476-4924.

FOR YOUR EYES ONLY: Stephen McLeod, assistant clinical professor of ophthalmology, cornea & refractive surgery service, presents "Better Vision Now," 6 p.m., 8 Kirkham St. Learn new surgery options for vision correction. Call 476-5021.

2 tuesday

ELECTION DAY

STUDENT ENRICHMENT: Joseph Langer, rabbi, Chabad House, presents "Death and Dying from a Jewish Perspective," noon-1 p.m., N 217, Parnassus. Call 502-2442.

3 wednesday

SURGERY GRAND ROUNDS: Jack L. Cronenwett, professor, surgery, Dartmouth-Hitchcock Medical Center and Binkley Visiting Professorship, to lecture, 7-8 a.m., Toland Hall, Parnassus. Call 476-0972.

BROWN BAG LECTURE: Nancy E. Lane, associate professor of medicine and author of The Osteoporosis Book: A Guide for Patients and Their Families, presents "Osteoporosis: What Men and Women Need to Know," 12:10-1 p.m., enter at 513 Parnassus, then go to HSW 300. Call 476-4394.

4 thursday

CHANCELLOR'S CONCERT: Irene Sharp, cello, Sievn Lee, cello, and Steven Lightburn, piano, perform Tcimpidis' Cello Sonata for Cello and Piano (1998), Menotti's Suite for Two Cellos and Piano, and Lee's Suite Denny for Two Cellos (1998), 12:15-12:45 p.m., Cole Hall, Parnassus.

AWARENESS THROUGH MOVEMENT: See Oct. 28 listing for details.

COLE HALL CINEMA: "The Blair Witch Project," Rated R, 5:45 & 8 p.m., Cole Hall, Parnassus. Admission: $2-3.50. Call 476-6932.

5 friday

BROWN BAG LECTURE: Rita F. Redberg, associate professor of medicine and co-director, National Center of Excellence in Women's Health, presents "Prevention of Coronary Heart Disease in Women," 12:10-1 p.m., Mount Zion, 1600 Divisadero St., Herbst Hall. Call 476-4394.

POETS ON PARNASSUS: Featuring Kevin Reilly, 5 p.m., Toland Hall, Parnassus. Call 476-2675.

COLE HALL CINEMA: See Nov. 4 listing. Showtimes are 6:30 & 8:30 p.m.

6 saturday

GERIATRIC CONFERENCE: A one-day conference is being offered at Stanford University, Fairchild Auditorium, Palo Alto, on "Practical Geriatrics: Challenges and Rewards," focusing on practical approaches to common geriatric problems in older adults with emphasis on cultural factors that may affect treatment and management. Fees. Call 650/723-7063.

8 monday

HEALTH POLICY SEMINAR: Joanna Weinberg presents "Privacy, Confidentiality and Data Management in the Age of Information Technology," noon-1 p.m., Laurel Heights, Room 263. Call 476-4924.

DEAN'S RESEARCH SEMINAR SERIES: Warner C. Greene, professor of medicine, microbiology & immunology and director, Gladstone Institute of Virology & Immunology and Mark A. Goldsmith, associate professor of medicine and associate investigator, Gladstone Institute of Virology & Immunology, present "New Perspectives on the Molecular Basis of AIDS," 3:30 p.m., N 225, Parnassus. Video relay at SFGHMC Medical Library, Mount Zion's Herbst Hall, and VAMC Bldg. 203, Rm. 1A32. Call 502-6450.

FOR YOUR EYES ONLY: Richard Abbott, cornea & refractive surgery service, presents "Better Vision Now," 6 p.m., 8 Kirkham St. Learn new surgery options for vision correction. Call 476-5021.

9 tuesday

STUDENT ENRICHMENT: Paula Borden, patent officer, BR Patent, Nick Buffinger, patent agent, Morrison & Foerster, Greg Thayer, chief legal counsel, Panggea Systems, and Michael Shuster, McCutcheon & Associates, present "Legal Issues and Concerns Within Biotechnology," noon-1 p.m., N 217, Parnassus. This session provides an introduction to the ways in which the law influences the development and commercialization of biotechnology. Call 502-2442.

10 wednesday

SURGERY GRAND ROUNDS: Kirk R. Riemer, assistant adjunct professor, surgery, to lecture, 7-8 a.m., Toland Hall, Parnassus. Call 476-0972.

BLOOD DRIVE: Donate blood, 10 a.m.-3:30 p.m., Mission Center Building, Room 126. Refreshments and raffle. Call 476-6989.

BROWN BAG LECTURE: Saul E. Rosenberg, associate clinical professor, psychiatry, presents "Too Scared to Talk: Overcoming Anxiety about Public Speaking," 12:10-1 p.m., enter at 513 Parnassus, then go to HSW 300. Learn strategies for improving your presentations. Call 476-4394.

11 thursday

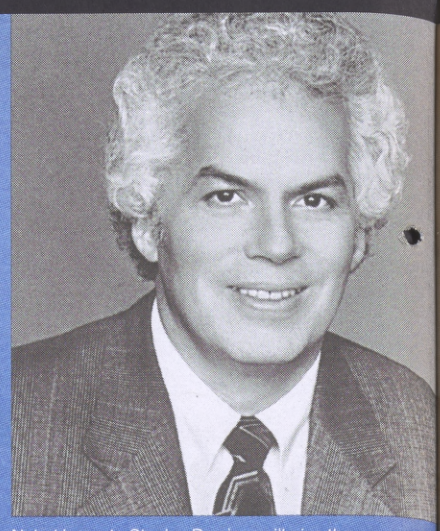
CHANCELLOR'S CONCERT: The St. Lawrence String Quartet, a new resident quartet at Stanford University, performs Beethoven's String Quartet Op. 132, 12:15-12:45 p.m., Cole Hall, Parnassus.

AWARENESS THROUGH MOVEMENT: See Oct. 28 listing.

COLE HALL CINEMA: "The Mirror," Not rated, 5:45 & 7:45 p.m., Cole Hall, Parnassus. Admission: $2-3.50. Call 476-6932.

12 friday

COLE HALL CINEMA: See Nov. 11 listing. Showtimes are 6:30 & 8:30 p.m.



Nobel laureate Stanley Prusiner will give the Benjamin Lieberman Memorial Lecture on Tuesday, Oct. 26. See listing for more details.

For daily news & events, go to Daybreak at www.ucsf.edu/daybreak